

## • Day's Activities include •

- 8:00 am** Music, entertainment and free screenings beside the Hoosier Lottery Grandstand
- 8:40 am** Warm-up exercises
- 8:50 am** Opening remarks by Mrs. Daniels
- 9:00 am** Walk begins around the outside of the State Fair Track of Champions
- 9:30 am** Walk concludes in front of the Hoosier Lottery Grandstand under the red balloon arch
- Door Prize Winners announced
- Light breakfast available for participants
- Visit the Clarian Healthy Lifestyles Pavilion to learn more about your health coordinates and enter to win prizes!

**AFTER THE WALK BE SURE TO STAY AND ENJOY  
ALL THE FUN THE STATE FAIR HAS TO OFFER!**

## • Other Fun Fair activities •

- All Day** Celebrating Indiana Communities - Toyota Exposition Hall
- All Day** Indiana Space Travels - Grand Hall
- 6:50 am** Hot Air Balloon Race presented by Indiana Propane Gas Foundation - Best Way Disposal Infield
- 9 am-3 pm** Traditional Arts Indiana State Fair Fiddle Contest - Pioneer Village Opry House Stage
- 9 am-6 pm** Visit the Clarian Healthy Lifestyles Pavilion for Free Health Screenings, Family Fun & Prizes
- Noon, 2 & 4 pm** Stars of Peking Acrobats - Riley Fun Park
- 5 pm** Colgate Country Showdown - WFMS Free Stage
- 7:30 pm** Keith Urban with Jason Aldean - Hoosier Lottery Grandstand



## Take Care of Your Heart

- Stay active
- Watch your weight
- Watch your salt intake
- Stop smoking
- Take medications as ordered
- Report shortness of breath or fatigue to your doctor

**Take a FREE heart evaluation at  
ACallToChange.org**



★ AUGUST 15, 2009 ★



FIRST LADY CHERI DANIELS'  
**Heartland  
WALK FOR HEALTH**

**presented by  
Clarian Cardiovascular**



[www.indianastatefair.com](http://www.indianastatefair.com)



Please join me at the Indiana State Fair on Saturday, August 15, 2009 for the fifth annual Heartland Walk for Health presented by Clarian Cardiovascular. Start your morning with a two-mile stroll around the Fairgrounds and learn tips on how to live a heart-healthy life, then stick around for a fun-filled day at the Indiana State Fair!

*Cheri Daniels*  
Cheri Daniels  
First Lady of Indiana



www.hearttoheart.in.gov

## TO REGISTER online:

Go to **www.kenlongassoc.com**

Click on the "Heart to Heart" logo and follow instructions.

## ALL PARTICIPANTS will receive:

- Commemorative T-Shirt
- State Fair participation ribbon
- Bottled water
- State Fair "goodie bag"

\* A registration fee of \$7 will be charged to include gate admission to the Indiana State Fair. Tickets will be mailed directly to participants. Walk ups will be accepted.

# TO REGISTER BY MAIL First Lady Cheri Daniels' Heartland Walk for Health

presented by:  **Clarian Cardiovascular**

Name: \_\_\_\_\_

Address: \_\_\_\_\_ County: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: (work) \_\_\_\_\_ (cell) \_\_\_\_\_ (home) \_\_\_\_\_

E-mail address: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Phone: (work) \_\_\_\_\_ (cell) \_\_\_\_\_ (home) \_\_\_\_\_

\_\_\_\_\_ I will participate in the Heartland Walk for Health, so I need \_\_\_\_\_ Fair tickets for admission.

Number of Fair tickets at \$7 each \_\_\_\_\_ = \$ \_\_\_\_\_

**Mail by July 31!** Total: \$ \_\_\_\_\_



**Mail registration form by July 31 along with your check or credit card information to:**

First Lady Cheri Daniels' Heartland Walk for Health presented by Clarian Cardiovascular •  
c/o: Ken Long & Associates • 994 North Combs Road • Greenwood, Indiana 46143 • (317) 884-4001

Make check payable to: Ken Long & Associates

### Credit Card Information

Circle one: **American Express** **MasterCard** **Visa**

Card Number \_\_\_\_\_ Exp. Date \_\_\_\_\_

Card Holder \_\_\_\_\_

Signature \_\_\_\_\_

**Following receipt of your check or credit card information you will receive walk details and your State Fair admission ticket(s) on or before August 10<sup>th</sup>.**

Would you like to receive heart health information for women by e-mail? \_\_\_\_\_ Yes \_\_\_\_\_ No